Your baby may have been shaken if he or she is:

- Irritable
- Sleeping too much
- Less alert
- Pale or has bluish skin
- Vomiting
- Not sucking or swallowing well
- Unconscious
- Having seizures
- Not breathing

If you think that your baby has been shaken, don’t wait. Get medical help right away.

Never Shake A Baby

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Help your baby feel calm and comforted.
Daily routines help babies feel safe because they know what to expect.